

Outcomes Targets	Success Criteria
Ensure all children are getting 2 hours of high quality physical education. All students will also have the opportunity to take part lunch time activities and extra-curricular clubs	All children are getting a minimum of 2 hours of activity including PE, lunchtime sports and after school club / Sports. Carry out daily PE assessments to monitor children's progression and identify G&T and SEN children Structured play
Continue to establish links with Archbishop Illsley Partnership to support with competition (Andrew Root). Birmingham School Sports Association (BSSA) Chris Smith Saltly Schools Football League Compete in level 1 & 2 competition to achieve Gold School Games Award. If possible, achieve a Level 3 competition such as the Birmingham City Games Send out monthly newsletters and update the school website informing parents about events that have taken place	Children are learning different movements, self-discipline, keeping fit and healthy and socialising. Take part in as many as possible competitions across the range of leagues and competitions that we enter. Run frequent Level 1 intra competitions within school including. Sports Day, Feast days' celebrations and PPA carousel activities Monthly updates on the school website (<i>Desirable</i>) and newsletter (<i>Realistic</i>) about up-and-coming events as well as sports premium funding and write ups on activities already taken place.
Provide swimming lessons for Year 6 as a Priority to achieve the national expectation of swimming 25m unaided. Develop swimming throughout the year groups over the course of the academic year. -Heavy focus on water safety and self-rescue -Imbed SEND swim sessions for SEND children by 2026-27 and to continue the following years	Negotiate with Pop-Up School Pool Swimming Co-ordinator and SLT about timetabling and assessment. Year 6 (Intermediate & Advance Top-Up Swimming) Year 5 (Intermediate Swimming) Year 4 (Intermediate Swimming) Year 3 (Beginner Swimming) Year 2 (Beginner Swimming) All in Spring term 2 for (6-8 weeks)
Ensure all teachers are confident in delivery of their own PE lessons	High quality PE provision will be accessible to all pupils Staff are able to access coaching courses and PE specific CPD to work alongside LF during lesson time to develop subject knowledge

	Aim to achieve the Gold School Games Award as held in previous years and Achieve (Gold Completed 2024-25) Aim: for Platinum by 2026-27	LF to meet termly to review evidence for school games with SGO Andrew Root (Archbishop Ilsey Partnership)
---	--	--

Steps to be Taken	Lead Person	Timescale Start -End	Resources	Monitoring IMPACT (who, when, how)	Evaluation - SUSTAINABILITY (who, when, how)
Engage with various bodies such as Girls FA, SGO to get support with PE provision.	PE Lead (LF)	Started September 2025 and ongoing every academic school year thereafter. Reviewed 2024-25	School Games Organiser PE Leads Networking Sport Birmingham Pathway to Podium	PE Co-ordinator to create an inclusive PE timetable of activities and have a structured curriculum map which coincide with competition dates and events	To review with Headteacher Jason King at the end of each academic year to discuss the effectiveness of PE and competitions. To continue annually and enter competitions that fit with the strengths of our pupils
Inclusion, Equality & Girls' Participation	Girls FA Lead (LF) Staff Promotion	Started September 2025 and ongoing	Local Schools SGO	PE Co-ordinator, SLT FA & Youth Sport Trust	Girls' extra-curricular participation up +20% from 2024–25

Lee Fraser

Role: Head of PE and Sports Coach

Hillstone Primary School

PE Co-ordination Personal Action Plan 2025-2026

Support Document for Whole School Development Plan



Hillstone School

Inspire * Care * Educate

Equitable access and uptake in curriculum and clubs		every academic school year thereafter. Reviewed 2024-25 Girls' FA role for East Birmingham in place 2028	Hillstone Facilities		PE policy updated to reflect Equality Act and Equal Access, single-sex sport
Carry out an audit of current PE provision Reviewed 2025-26	PE Lead (LF)	Ongoing	PE Hub & Get Set PE Schemes of work and assessment sheets to be used for topic PE Lessons	CPD sessions and Co-teaching with informal observations or walk throughs to help improve the standard of PE lessons	Work alongside 3-5 members of staff especially new teachers RQT's to deliver their own successful PE lessons Lessons on timetable (WS) With Support from LF
Ensure the upkeep of equipment Audited April 2024 New Equipment Purchased September 2025	PE Lead (LF) All Staff	Start and End of every half term Make sure equipment for the correct activities are fully stocked	Keep a List	PE Lead and all teachers need to make sure equipment is properly put away. Make the lunch time staff use a separate resource for equipment so that PE equipment is kept for PE use only	LF to check cupboard half termly to keep on top of equipment. Feedback from teachers if new equipment is to be purchased. Buy good quality equipment so it lasts

Lee Fraser

Role: Head of PE and Sports Coach

Hillstone Primary School

PE Co-ordination Personal Action Plan 2025-2026

Support Document for Whole School Development Plan



Hillstone School

Inspire * Care * Educate

Review and determine confidence of all staff to deliver the PE curriculum. Assessment for our children within PE, lesson to lesson, Sport to Sport (Topic) Assessment for Learning	PE Lead (LF)	September 2025-July 2026	PE Scheme of work to be linked to their own planning Lesson assessment sheets for AFL to coincide with PE Milestones Courses?	PE Co-ordinator to lead a Staff INSET Completed (January 2026) ' around the quality of PE and inclusive/ active lessons ' Staff feedback School Milestone Trackers (completed Annually)	Staff feedback when possible and at INSETS Teachers to deliver their own lessons to create sustainably and consistency for the school and the children whilst assessing them in PE also.
Review Schemes of Work to make them fit for purpose and to meet the needs of the children in our school.	PE Lead (LF) SLT	Review Annually	PE HUB Online resources 2016 Get set PE resources across a multitude of sports (Hard Copies Only) 2014 edition Merton School Sports Partnership Staff area resources on hand for all staff Get Set PE online plans 2018	PE Co-ordinator, Class teachers and Phase leaders to work together using scheme and link success criteria and objectives to the assessments	LF and JK at end of the academic year to discuss the SOW and was it of benefit to our pupils and staff *PE Hub seems a good resource and is liked by staff if not a little too detailed.

Lee Fraser

Role: Head of PE and Sports Coach

Hillstone Primary School

PE Co-ordination Personal Action Plan 2025-2026

Support Document for Whole School Development Plan



Hillstone School

Inspire * Care * Educate

			Youth Sports Trust (YST) membership and resources		
Take part in 10+ Inter-Schools competition with other primary schools including opportunities for our Pupil Premium and SEND Children	PE Lead (LF) Staff that may want to attend specific sports or events Staff that have ran clubs	Termly and Rolling throughout the school year 2025-26	Use links with our various networks to compete in Inter school's competitions	Encourage all our pupils to actively take part in every competition available for us to participate and enjoy the benefits of competition.	School and pupil feedback (Pupil Voice) SEND inclusive Different types of activities that may not be considered conventional Inclusion, Participation, Enjoyment and Engaging
Celebrate Sporting successes in assemblies and present trophies and certificates to pupils. Children will be encouraged to bring in any trophies or certificates from outside of school/ to highlight and showcase achievement	PE Lead (LF) SLT	Weekly and in big celebration Assemblies Newsletters Hillstone Stars	PE Lead and Teachers to notify HT of success of pupils and squads	Every Wednesday during assembly and Friday Newsletters offers the chance to present awards and list achievements of the sporting results that week which can be presented in front of the whole school.	PE Lead to see record number of children with achievements and hope to see progression and numbers increased, through logging names and keeping track of results and activities taken part.
To encourage a healthy active lifestyle which will increase physical	PE Lead (LF) Health 4 Life School	Daily and where suitable	60 Active minutes throughout the child's school day, linking to	PE Lead to be seen on playground most lunch times with various	PE Lead to speak to class teachers to see if pupils are more

Lee Fraser

Role: Head of PE and Sports Coach

Hillstone Primary School

PE Co-ordination Personal Action Plan 2025-2026

Support Document for Whole School Development Plan



Hillstone School

Inspire * Care * Educate

activity in the playground in the morning, lunchtime and after school clubs			30 additional minutes of physical activity within school time. Active class rooms Daily Mile? Modeshifters? Activities out at Lunch times via staff play leaders?	activities and have playground sports equipment accessible to the children Structured Playtimes and games provided by lunch time supervisors or class pupil play leaders	engaged in their afternoon learning after physical activity at morning break and lunchtime on half termly basis?
Provide strategies for targeted Pupil Premium children who do not engage in physical activity with a focus to direct towards after school clubs	PE Lead and staff (LF) to identify vulnerable or targeted children. Whole school approach with staff identifying children of need or least active.	Continual Year to year Possibly weekly through clubs and PE lessons Physical Physio sessions for certain children with needs	Breakfast Club Lunch Clubs After School Clubs Residential and off-site trips	PE-Co-Ordinator and SLT to offer exclusive allocations of club places and subsidising costs for things like residential and trips.	School to monitor targeted group children and tracking the progress through things like improved class room behaviour, 'Hillstone Behaviour Policy' & individual reward 'Stamps' learning outcomes and targets met in class.
Keep school website updated with the spending of Sports Premium Complete September 2025	PE Lead (LF) The help of School Business Manager & IT Co-ordinator (JM & CC))	Annually	The school websites Twitter Handle	Photos from sporting events to be posted on school PE notice boards	Pupil and parent feedback

Lee Fraser

Role: Head of PE and Sports Coach

Hillstone Primary School

PE Co-ordination Personal Action Plan 2025-2026

Support Document for Whole School Development Plan



Hillstone School

Inspire * Care * Educate

Oversee the School Twitter Account for sporting uploads Update the sports boards around school Prepped July 2025				Update twitter with important school information including sport pictures and awards etc. Also pictures from clubs and school event days to show evidence of activities being undertaken.	
Year 2, Year 3, Year 4 Year 5 and Year 6 Residentials	Selected Staff	Once a year October 13 th -15 th Brighouse (Autumn Term 1) Yr2 October 13 th -17 th Woodlands (Autumn Term 1) Yr6 November 17 th -19 th Brighouse (Autumn Term 2) Yr5 February 25 th -27 th Brighouse (Spring Term 1) Yr4	Various Primary experienced centres such as In2Action The importance of Outdoor Adventurous Activities (OAA) linked to the curriculum.	Photos from the activities The social, physical and mental wellbeing benefits of these trips for our children who would not usually be able to attend such places and enjoy a variety of different activities, not normally accessible at school. Pupil Voice questionnaires / Feedback sheets	School committed to continue this offering annually Possible funding to subsidise for our most vulnerable families for children to afford such experiences.

		May 6 th -8 th Brighthouse (Summer Term 1) Yr3			
--	--	---	--	--	--

Vision and Objectives

- Promote Physical Literacy: Develop basic motor skills, coordination, and confidence in physical activities.
- Health and Well-being: Foster a culture of health, fitness, and mental well-being.
- Inclusivity: Ensure PE is accessible to all students, regardless of ability, gender, or background.
- Skill Development: Focus on foundational skills like running, jumping, throwing, balance, and teamwork.

Our Strengths at Hillstone:

- We have a variety of sports clubs during lunch time and after school including Gymnastics / Dance, Football, Dodgeball, Basketball, Cricket, Multi Skill for KS1, and Tennis
- During outdoor times such as play and lunch time (excellent zoning of activities and staffing)
- We are blessed with excellent space and facilities such as a large field, 2 large playgrounds and 2 excellent sized indoor halls to use.
- Structured PE sessions and outdoor learning takes place throughout the school.
- We have a successful Sports Day each year during the summer term 2.
- A variety of exciting PE equipment and resources are available and useful for PE sessions and outdoor activities.
- Intra-School competitions to be organised on a termly basis.
- Decent PE resources and planning materials for staff

Lee Fraser
Role: Head of PE and Sports Coach
Hillstone Primary School
PE Co-ordination Personal Action Plan 2025-2026



Support Document for Whole School Development Plan

- Create a specific admin and preparation time every week for PE Lead to plan and set an effective timetable for upcoming events/fixtures so all staff are aware of what is happening that week in advance, sending out messages about events on the bulletin newsletter or Scholar pack, Letters / Forms sent out early for children/parents for fixtures tournaments in order to retain permission response for vital Risk Assessments
- EVC Co-ordinator (LF) to collate Risk Assessments and to give enough time for paper work to be checked before trip or competition.
- To Introduce and expose the children to new sports such as Boxing / Box Fit (Broader range of sport)
- Assessment of the children in PE with the lesson assessment tracker and PE Hub Milestone Key performance indicators to meet and review each term

Our PE curriculum:

Every child at Foundation, Key Stage 1 and Key Stage 2 receives 2 hours of good quality PE teaching each week, plus the attention of giving an additional 30 minutes of physical activity each day external the allocated 2 hour PE slot given to each class.

- Please see the curriculum map attached to show our broad PE offering <https://classic.thepehub.co.uk/curriculum-plan-builder/>

This Action Plan has been written with the following success criteria to achieve by the end of the school year and to support the Whole School

Development Plan: Our School Primary Physical Education (PE) Action Plan outlines the strategies, goals, and initiatives aimed at improving physical education standard for our children and staff.

- Self- evaluation shows that provision and outcomes for PE and school sport are judged as embedded and becoming of high standard and consistency
- PE lessons across the school are at least good with outstanding features with all pupils engaged and making good progress
- PE curriculum is diverse with opportunities for all pupils to develop their leadership, coaching and officiating skills, apply their core skills in a range of different or new environments and include learning opportunities for health and wellbeing
- A large majority of pupils involved in at least one physical/sporting activity over and above PE lessons (after school, lunchtimes or home)
- All pupils receive at least 2 hours of high quality physical activity each school week

Lee Fraser
Role: Head of PE and Sports Coach
Hillstone Primary School
PE Co-ordination Personal Action Plan 2025-2026



Support Document for Whole School Development Plan

- To continue spending the Sports Premium on new and additional areas to support our children through the subject of Physical Education (See Sports Premium Action Plan Template on the expenditure of SP).

Curriculum Development

- Age-Appropriate Activities: Design PE activities suitable for various age groups.
- Variety of Sports: Introduce a wide range of sports to engage different interests.
- Structured Lesson Plans: Develop clear, engaging lesson plans that align with curriculum goals.
- Cross-Curricular Links: Incorporate physical activities into other subjects for example Maths, Science, Literacy and Phonics etc.

Resources and Equipment

- Adequate Equipment: Ensure a wide range of PE equipment is available and well-maintained (Sports Safe Service / 3D Logistics) to meet the topics of the curriculum map.
- Safe Spaces: Guarantee that playgrounds, grass areas and hall facilities are safe and suitable for activities.
- Technology Integration: Use of technology for example pedometers, heart rate monitors (desirable) to enhance learning and tracking, but also the use of media for demonstrations and use of iPads to film good practice and to use ICT knowledge within PE lessons as a form of reflective practice.

Professional Development for Staff

- Training for Teachers: Provide regular training for teachers on delivering effective PE lessons.
- First Aid and Safety Training: Ensure staff are experienced and equipped to handle injuries or emergencies, both on site and off.
- Guests and guest Coaches: Invite professionals or local athletes to run specialised sessions or deliver talks on their experiences.

Assessment and Monitoring

- Track Progress: Implement systems to assess physical development and student engagement, using the milestone trackers and pupil voice feedback sheets.
- Feedback and Reflection: Use feedback from students and parents to adjust the PE programme.

- Use Rosenshine's Principles (Desirable) To imbed learning by promoting effective teaching practices. The principles are grounded in cognitive science and emphasize the importance of clear instruction, practice, and feedback.

Summary of Rosenshine's Principles

I believe these points link heavily not only to everyday learning and within the PE subject but mastery of different applied skills:

1. Begin a lesson with a short review of previous learning
2. Present new material in small steps
3. Ask a large number of questions and check responses
4. Provide models
5. Guide student practice
6. Check for understanding
7. Obtain a high success rate
8. Provide scaffolds for difficult tasks
9. Require and monitor independent practice
10. Engage students in weekly and monthly review

These principles are aimed at maximizing student engagement, retention, and mastery of content, creating a more effective and structured learning environment.

Student Engagement and Motivation

- Extracurricular Activities: Offer after-school sports clubs and competitions to encourage ongoing participation.
- Rewards and Recognition: Implement incentive programs (Stamps, Hillstone Stars) to reward effort and achievement.
- Inclusive Games: Incorporate games that cater to students with different abilities and fitness levels.

Partnerships and Community Engagement

- Parental Involvement: Encourage parents to support physical activity outside of school.
- Local Clubs links: Build partnerships with local sports clubs for pupil participation and opportunity.
- Mental Health and Well Being Awareness: Promote initiatives like "Active Week" or "Walk to School Day" to foster an active lifestyle.

Lee Fraser

Role: Head of PE and Sports Coach

Hillstone Primary School

PE Co-ordination Personal Action Plan 2025-2026

Support Document for Whole School Development Plan

- Come as your favourite Sports Star fund Raiser (YST)
- Take part in National Schools Sports Week (YST)

Health and Safety

- Injury Prevention: Teach dynamic warm-ups routines.
- Supervision Standards: Ensure adequate adult supervision during all physical activities.
- Safeguarding: Safe practice aligned to KCSIE (2025) (Terri Scott).
- Annual PE risk assessments signed off (incl. gymnastics, swimming, fixtures, changing rooms).
- All staff read KCSIE Part 1 / Annex A; DSL QA spot checks termly.

PE Funding and Sport Premium Budget Allocation

- See Sports Premium Template, published on Website
- PE & Sport Premium (Primary): funding formula £16,000 + £10 per eligible pupil. **Hillstone gets (£19,480)**
- Must be additional/sustainable; publish impact report by 31 July 2026 and complete the digital reporting form (*published July 2025*) no capital spend, swimming data required. 2024–25 conditions.
- 2025–26 funding confirmed at £320m nationally and two instalments

The Importance of SEND Sensory / Therapy Swimming sessions

Sensory Swimming offers numerous benefits for our children with special needs by providing a therapeutic environment that engages multiple senses. These benefits include:

- **Physical Development:** Swimming helps improve muscle strength, coordination, and balance. It offers low-impact exercise, which is especially beneficial for children with motor difficulties, as it reduces the risk of injury while promoting mobility.
- **Sensory Integration:** The water provides deep pressure and resistance, helping children process sensory information more effectively. This can be particularly helpful for children with sensory processing disorders, as the aquatic environment helps them better manage and respond to sensory input.
- **Improved Coordination and Motor Skills:** Swimming enhances both gross and fine motor skills. The repetitive nature of swimming strokes and movements helps children with motor planning and coordination issues to develop better body awareness and control.



Hillstone School

Inspire * Care * Educate

Lee Fraser

Role: Head of PE and Sports Coach

Hillstone Primary School

PE Co-ordination Personal Action Plan 2025-2026

Support Document for Whole School Development Plan



- **Emotional and Psychological Benefits:** The calming effect of water can reduce anxiety and stress. For children with autism or other neurodevelopmental conditions, the buoyancy of water offers a sense of freedom and relaxation, promoting emotional regulation and enhancing mood.
- **Social Skills Development:** Group swim lessons or water activities provide opportunities for children to interact with peers, improving their communication and social skills in a less structured environment.
- **Increased Confidence and Independence:** As children learn new swimming skills and become more comfortable in the water, they often experience a boost in self-esteem and a sense of accomplishment. This newfound confidence can carry over into other areas of their life.
- **Cognitive Benefits:** Swimming has been linked to improved focus and cognitive functioning. The multi-sensory stimulation and coordination required can help enhance attention span, problem-solving skills, and cognitive development.
- **Therapeutic Relaxation:** Water provides a supportive and pressure-relieving environment, which can help reduce muscle tension and improve overall relaxation. This can be especially helpful for children with physical disabilities or muscle stiffness.

Overall, sensory / therapy swimming provides a holistic therapeutic approach, addressing the physical, sensory, social, and emotional needs of children with special needs within our school. **Project to be introduced in Spring 2 2026**

Review and Improvement / Areas for Development

- Annual Review: Regularly review the effectiveness of the PE program and update the action plan accordingly via meetings with Head, SLT and trustees.
- Student Surveys and Pupil Voice: Use questionnaires to assess enjoyment and areas for improvement in PE lessons. Speak with Sports Council and School Council.
- Continue to network with other primary schools in the local area, in order to organise inter-school friendly competitions.
- Staff training in development areas – create a time for an inset training day or afternoon.
- Update school website regularly to show competitions and clubs that are taking place
- Accessible resources

This action plan, I believe ensures that physical education is not only fun but also taught well, educational and promotes lifelong healthy habits that we can hopefully instil in our school children to enjoy sport and physical health/fitness.